

Fruit Cup 1

Makes: 50 Servings

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Ingredients	Weight	Measure
Canned grapefruit sections	2 lbs 13 oz	
Canned sliced peaches	2 lbs 15 oz	
Frozen cherries, thawed	2 lbs 5 oz	
Fresh oranges, peeled and chunked		9 each
Fresh eating apples, 125s, peeled, cored and diced		2 each
Reserved liquid		1 qt and 2/3 cup

Directions

Nutrition Information	
Nutrients	Amount
Calories	66
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	10 mg
Total Carbohydrate	16 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	15 mg
Iron	0 mg
Potassium	N/A
N/A - data is not available	

1. Drain canned fruit before combining, reserving juices.
2. Place in bowl.
3. Add oranges and apples.
4. Pour juice over all.
5. Mix lightly; chill.
6. Serve chilled at a temperature of 40 degrees F.

Source: Food Distribution Commodity Exchange